



## *Abortion, Contraception, & The Sexual Revolution*

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Good Morning.

Thank you all for being here and thank you for all of the hours you have spent out here praying at the garden of Hope. We are joined with others from 316 cities from around the world, in prayer for the end of abortion. Although this battle is great, our God is greater and more powerful. As it says in Galatians 6:9, “Let us not grow weary in doing good.”

Many of us have already come out to the Garden pray. And in our prayers, perhaps we have all wondered, “How did our country get here?” How did we, as a society, come to the place where abortion is not only legal, but encouraged as responsible and as a basic human right? A recently written article projects that 1 in 3 women will obtain an abortion at some point in their lives. Sadly, the article was not to condemn this tragedy, but to display the normalcy with which they think abortion should be viewed. Because 33% of all women will go through this, the article suggests that we remove the shame associated with abortion, and should recognize and accept it as good.<sup>1</sup>

How did we get here?

As with all evils in the world, this mindset did not form overnight. We did not wake up one morning to find that the world had been turned upside down and inside out. We got here gradually. We started in a place much less menacing and much more easily accepted. In fact, the seed of this mindset is now so ingrained in our culture that it goes unnoticed and unchallenged. In society at large it no longer has even the hint of controversy attached to it.

I submit to you that legalized abortion came about as a result of the sexual revolution. In the late 1960s traditional roles and expectations of society were challenged and flipped on their heads. It no longer mattered if you were a man, or a woman; married or single; young or old; gay or straight – personal happiness became the measure of success and pleasure trumped all other considerations. Intimate love was no longer constrained to the marital relationship, but free to be with whomever, whenever. Ideas about Free Love did not evolve in a vacuum, though. The ideas that gave birth to the sexual revolution in society were incubated in the shelter of what was considered “Good Christian Homes.”

Throughout Christian History, the Family has been called many things, but two stand out: The Foundation of Society, and the Domestic Church. Marriage was considered to be the basic element that made up the rest of societal life. But beginning in the 1930’s and moving into the mid 1950’s a shift began to take place. Marriage became centered more on emotional affection than on vowed

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<sup>1</sup> Fisher, Simcha. Who Are the One in Three?. <http://www.ncregister.com/blog/simcha-fisher/who-are-the-one-in-three>

commitment. It may not be immediately obvious, but this fundamental shift came as a direct result of the acceptance of contraceptive methods which became more and more pervasive throughout the first half of the 20th century.

Would it surprise you to know that contraception, in any form, was condemned by every Christian denomination and by a good majority of secular society until the year 1930? In that year, at the Seventh Council of Lambeth, the Church of England determined that under grave circumstances a married couple could use contraception.<sup>2</sup> Within 20 years, all the restrictions were removed. As time went on, every denomination (with the exception of the Catholic Church) has adopted this view.

In 1952 a well-known theologian said, “Contraceptives have made sexual indulgence far less costly within marriage and far safer outside it than ever before, and public opinion is less hostile to illicit unions and even to perversion than it has been since Pagan times.” It may surprise you to learn that this scholar was not a Catholic, it was C.S. Lewis. Five years after this observation, the birth control pill came on the market.

Contraception shifted the purpose of marriage from being the perpetuation and good of society, to being only about one’s happiness and pleasure. Not that happiness in marriage is a bad thing at all, but happiness is a moving target and is much too fickle to be a stable foundation on which to build a marriage. As a result, we see the divorce rate climbing from 10% in 1925 to now over 50%.<sup>3</sup>

In 1957, through doctor-patient privilege, contraception was not only readily available, but it was secret and more effective than ever before. When the Pill first came out, only married couples could obtain a prescription. And here is where we see the shift. If the possibility of children can effectively be separated from the marital act, love becomes only about pleasure. As the sexual revolution continued it became widely accepted that pleasure should not be constrained to those who were married. Pleasure was a right of all people, so the restriction was removed and the pill became available to all.

Women were now able to control their fertility, therefore opening them up to the same worry free experience of “free love” previously only available to men. Pregnancy became relegated to an undesirable side effect. It is also worth noting, that the birth control pill is the only medicine designed to be taken every day by a woman who is not suffering from sickness. Since every other

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<sup>2</sup> Gore, Charles D.D., D.C.L., LL. D. Bishop of Oxford. *Project Canterbury. Lambeth on Contraceptives*. London, Mowbray. 1930, 30 pp. <http://anglicanhistory.org/gore/contra1930.html>.

<sup>3</sup> [http://divorce.lovetoknow.com/Historical\\_Divorce\\_Rate\\_Statistics](http://divorce.lovetoknow.com/Historical_Divorce_Rate_Statistics)

medication is made to correct a dysfunction in the body, our minds readily regulate that which is “cured” by a pill as being undesirable. In this case, the pill “cures” fertility. And yet, we all know that no contraceptive method is 100% effective. What happens when you contract a disease that a medication is supposed to prevent? You cure the disease. If pregnancy is a disease, the cure is abortion.

Because children were no longer seen as the natural result of love and the for good of society, but as a controllable commodity, they could be avoided at all costs when they were unwanted, and achieved at any cost when they were wanted. The value of their life became determined by the happiness or preference of the parents.

Centuries of Christian thought concerning contraception were based on Natural law, which dictates that the procreative and the unitive natures of the marital act cannot be separated. Procreation is the natural outcome of the marital union; it is its primary purpose. Some say that a designed purpose is only perceived. But as J. Budziszewski, author for Touchstone Journal states,

*Take the lungs, for example. When we say that their purpose is to oxygenate the blood, are we just making that up? Of course not. The purpose of oxygenation isn't in the eye of the beholder; it's in the design of the lungs themselves. There is no reason for us to have lungs apart from it.*

*Suppose a young man is more interested in using his lungs to get high by sniffing glue. What would you think of me if I said, “That's interesting—I guess the purpose of my lungs is to oxygenate my blood, but the purpose of his lungs is to get high”? You'd think me a fool, and rightly so. The purpose of the lungs is built into the design of the lungs. He doesn't change that purpose by sniffing glue; he only violates it.<sup>4</sup>*

But what did society think about contraception before the Anglican Church's shift in 1930? Here are a few statements from men living in the early 20th century on the subject. Their authors may surprise you.

*“Birth control is the one sin for which the penalty is national death, race death; a sin for which there is no atonement.” - Theodore Roosevelt, 26th president of the United States.*

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<sup>4</sup> Budziszewski, J. [Designed for Sex: What We Lose When We Forget What Sex Is For.](http://www.touchstonemag.com/archives/article.php?id=18-06-022-f#ixzz26m8Yxri)  
<http://www.touchstonemag.com/archives/article.php?id=18-06-022-f#ixzz26m8Yxri>

*The abandonment of the reproductive function is the common feature of all perversions. We actually describe a sexual activity as perverse IF it has given up the aim of reproduction and pursues the attainment of pleasure as an aim independent of it. So, as you will see, the breach and turning point in the development of sexual life lies in becoming subordinate to the purpose of reproduction. Everything that happens before this turn of events and equally everything that disregards it and that aims solely at obtaining pleasure is given the uncomplimentary name of “perverse” and as such is proscribed. - Sigmund Freud*

*Artificial methods [of contraception] are like putting a premium on vice. They make men and women reckless .... Nature is relentless and will have full revenge for any such violation of her laws.*

*Moral results can only be produced by moral restraints. All other restraints defeat the very purpose for which they are intended... .If artificial methods become the order of the day, nothing but moral degradation can be the result. A society that has already become enervated through a variety of causes will still become further enervated by the adoption of artificial [birth control] methods .... As it is, man has sufficiently degraded women for his lust, and artificial methods, no matter how well-meaning the advocates may be, will still further degrade her. - Mahatma Gandhi<sup>5</sup>*

Slowly, but surely this fundamental shift in mindset became cemented into the culture. The pill is then created, and society says, “why can only married people be happy?” This ushers in the sexual revolution, where children are further relegated to a commodity, and pregnancy is seen as a disease or at least an undesirable side effect. Whenever this “disease” is contracted, it must be cured. The culture, rather than looking to societal preservation, became self-centered and selfish to the point that one’s own perceived needs are law, pleasure is valued above all, and the measure of success is personal happiness at any cost.

Now, I have heard it argued that it would be better for these women to be on contraception because it should cut down on the number of unintended pregnancies and therefore abortions. While this seems logical at first, real world data suggests otherwise. As Gandhi mentioned, the use of artificial contraception by its very nature, makes people more reckless and promiscuous. When natural consequence is seemingly removed, temptation has little to overcome. Studies all over the world have shown a direct correlation between increased access to contraception and rise in abortion rates. A recent study from Spain, published in 2011 in the medical journal “Contraception” followed

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<sup>5</sup> Love Undefined. [Roosevelt, Freud and Gandhi on Contraception](https://www.facebook.com/note.php?note_id=376700754772). April 5, 2010.  
[https://www.facebook.com/note.php?note\\_id=376700754772](https://www.facebook.com/note.php?note_id=376700754772)

over 2000 women for a period of 10 years. At the beginning of the study 49.1% of the women were using contraception. By the end of the study this number climbed to nearly 80%. Nevertheless, the national abortion rate nearly doubled in this same time frame.<sup>6</sup> Even the Guttmacher institute admits that 54% of all “unwanted pregnancies” were achieved when contraception was being used.<sup>7</sup>

While an even-more-recent study, coming out of St. Louis is gaining attention in this political season, claims that free contraception reduces abortion rates; this study is an “ecological study,” as such it provides the weakest link of causation. Meaning there are other factors which could be the true cause of the abortion rates dropping. The methods for obtaining the “reduced abortion rates” in this study were sketchy at best.<sup>8</sup>

Even beyond these statistics, there is another concern for those of us who believe that life begins at conception. These concerns lie within how the Pill, IUD and other forms of hormonal birth control function.

These medications have 3 functions: 1) To prevent Ovulation, 2) The thicken the cervical mucus making it difficult for sperm to enter into the uterus, and 3) the Thin the lining of the uterus which makes it difficult for a fertilized egg to implant in the uterus. It is the 3rd function that is most concerning to those of us who believe life begins at conception; but how often does that really happen? A woman isn’t supposed to be ovulating at all, right?

Medical studies have shown that women ovulate up to 28.6% of the time when taking their prescriptions correctly.<sup>9</sup> Doctors have reported seeing ovulations in their patients who are on the pill between 50-90% of the time. When an ovulation occurs the body has overcome the primary purpose of the pill. When a woman ovulates, her body naturally creates a discharge which breaks down any blockage in the cervix that the pill is supposed to have thickened. There goes function #2. This leaves the efficacy of the pill in the hands of function #3.

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<sup>6</sup> José Luis Dueñas et al. Trends in the use of contraceptive methods and voluntary interruption of pregnancy in the Spanish population during 1997–2007. *Contraception*. Volume 83, Issue 1, pp82-87. Department of Obstetrics and Gynecology, Hospital Universitario Virgen Macarena, Sevilla, Spain. January 2011

<sup>7</sup> <http://www.guttmacher.org/media/inthenews/2011/03/09/index.html>

<sup>8</sup> Cara. Free as a LARC. <http://www.1flesh.org/choicestudy>. Oct 6, 2012.

<sup>9</sup> Pierson, Roger et al. Ortho Evra versus oral contraceptives: follicular development and ovulation in normal cycles and after an intentional dosing error. *Fertility and Sterility*. Volume 80, Issue 1, July 2003.

There have been debates on whether or not this function actually exists, but science shows us quite conclusive proof. You see, the pill has been studied as a means of treating endometriosis (a condition where the lining of the uterus grows much larger than it is supposed to and will often grow into other parts of the abdomen). In these studies the pill has been seen to reduce the thickness of the endometrium to 1.1mm. We also have studies that have shown how thick the endometrium needs to be at least 9mm of thick for successful implantation. 1.1mm is not nearly enough to support a fertilized egg.<sup>10</sup> Now of course, that “fertilized egg” that so many refer to, is actually a 7 day old human being, conceived by two cells which converged into a new cell with unique DNA, then multiplied into nearly 100 cells. These cells are unlike either mother or father, and contain a unique DNA with all of the blueprints for a unique, complete human person. All of this occurs before implantation.

For those of us who believe that life does in fact begin at conception, we have to recognize the fact that hormonal contraception is causing early term, chemical abortions.

These pills which are handed out like candy in hopes of reducing the surgical abortion rate, actually skyrocket the chemically induced abortion rate.

It is also worth noting that these 3 functions of the pill are the exact same three functions listed for the morning after pill. In fact, the progestin in the morning after pill is called levonorgestrel,<sup>11</sup> the same progestin used in many combination daily oral contraceptives<sup>12</sup>, and in the mini pill.<sup>13</sup> The only differences between the morning after pill and regular birth control pills is dosage.

As you can see, our battle is much greater than only overturning Roe v. Wade. We have culture of ingrained mindsets that we need to change.

So, what can be done?

<sup>10</sup> Larimore WL, Stanford JB. Postfertilization Effects of Oral Contraceptives and Their Relationship to Informed Consent. *Arch Fam Med*. 2000 Feb;9(2):126-33. Department of Family Medicine, University of South Florida, Kissimmee, USA. [http://www.polycarp.org/larimore\\_stanford.htm](http://www.polycarp.org/larimore_stanford.htm)

<sup>11</sup> Plan B. Progesterone Only (Levonorgestrel) Emergency Contraception. <http://www.planbonestep.com>

<sup>12</sup> Drug Name: Alesse (100 mcg levonorgestrel/20 mcg ethinyl estradiol tablets). FDA approval 1997 as Combination Birth Control. <http://www.centerwatch.com/drug-information/fda-approvals/drug-details.aspx?DrugID=251>

<sup>13</sup> Norgeston. “Mini Pill” Progesterone Only (levonorgestrel). <http://www.netdoctor.co.uk/sex-and-relationships/medicines/norgeston.html>

The first thing is to go back to the root of where all these mindsets began, and to understand what God intended marriage to be. He is the creator of marriage, family, life and love. And although the devil has twisted and perverted them, “Greater is He that is in you, than he that is in the world.”

This is what God’s plan for marriage looks like.

“Marriage is the intimate, exclusive, indissoluble communion of life and love entered into by man and woman at the design of the Creator for the purpose of their own good and the procreation and education of children.”

Marriage is meant to be a union of self-sacrificial love, where both husband and wife are constantly giving to one another. Pope John Paul II said,

*Love consists of a commitment which limits one’s freedom – it is a giving of the self, and to give oneself means just that: to limit one’s freedom on behalf of another. Limitation of one’s freedom might seem to be something negative and unpleasant, but love makes it a positive, joyful and creative thing. Freedom exists for the sake of love.*

Marriage also must welcome life.

If you are a couple who has chosen to use contraception to plan your family, I implore you to stop. At the very least, do the research, test my words and see if they are true. The abortifacient nature of hormonal contraception is scientifically validated. Beyond that, the insistence to go against natural law will always bring harm; to marriages, to families and to society.

There is something to be said for wanting to be responsible and to plan your family with wisdom, but there are natural ways to achieve this goal that work in conjunction with natural law, not against it. Natural Family Planning is maligned and misunderstood; it has come a long way in the last 59 years. There are a handful of very good methods that are published in medical journals, tested by world governments and third party scientists, and have been verified by the world health organization as highly effective. In fact, two of the scientists who developed the pill and introduced it to the world, have continued their research into the endocrine system and have contributed greatly to the development of the Billings Ovulation Method.<sup>14</sup>

By ordering life and family to God’s design, and teaching our children to do the same, we can contribute to changing culture in a tangible way. Because family is the base unit of society and of the church, if we want to see these changes, they must start with us.

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<sup>14</sup> Billings Ovulation Method Information. [www.nfpaware.com](http://www.nfpaware.com).





Secondly, we must pray. Continue to pray faithfully throughout these 40 days. Pray for these women, these babies and these abortion center workers. Ask God to show them the beauty of his mercy and to call them to repentance. But don't stop there; pray continuously for families, marriages and our culture – that truth would be recognized and embraced.

Finally, proclaim the truth to your sphere of influence. We are all evangelists; we tell everyone about our favorite restaurant or about a great movie. We are used to telling others what is important to us. Endeavor to shift these conversations to the beauty of God's plan for the family. When you do so, keep 1 Peter 3:13-17 in mind,

*Now who is going to harm you if you are enthusiastic for what is good? But even if you should suffer because of righteousness, blessed are you. Do not be afraid or terrified with fear of them, but sanctify Christ as Lord in your hearts. Always be ready to give an explanation to anyone who asks you for a reason for your hope, but do it with gentleness and reverence, keeping your conscience clear, so that, when you are maligned, those who defame your good conduct in Christ may themselves be put to shame. For it is better to suffer for doing good, if that be the will of God, than for doing evil.*

I know that these things are not easy. But they are necessary, more than ever. If we are serious about bringing an end to abortion, we must be serious about addressing the root of the problem as well.

Let us not grow weary in doing good.

If you are interested in any of the studies or sources I mentioned today, I have a full bibliography available for anyone who would like one. If you want to further your own knowledge on these subjects, or if you are skeptical of any of what I have said, please get one and do the research yourselves.

Thank you for your time today, and again for all of the hours you have put into this vigil. Let's make the second half of this vigil even stronger than the first. Let us pray,

Precious Holy Spirit, stir up our hearts to do the will of the Father in all things. Tenderly draw us into the mercy which Christ provided for us. Show us where we have insisted on our own ways, and bring us to repentance. May we walk always in your light, and may we be empowered by your presence in our lives to speak the truth in love to those around us. Give us a holy mix of boldness and compassion. We ask this in the Name of the Father, and the Son, and the Holy Spirit, Amen.